



Division of  
Mental Health  
and Addictions.

*"People helping  
people help  
themselves."*

Logansport State Hospital

# The Spectrum

**In this issue:**

Policy  
Updates ..... 2

Nurses Week .  
..... 3

Deployment ...  
..... 3

LSH CPR  
Team ..... 4

Helping Hands  
..... 5

Longcliff  
Museum ..... 6 - 7

H.O.O.S.I.E.R.  
ST.A.R.T..... 8

Wellness  
Wisdom..... 8 - 17

Holiday  
Schedule.... 18

Culinary  
Corner..... 19

Sneaky Snaps  
..... 19

Who Am I? .....  
..... 20

Vol. 29, No. 5  
May  
2019



# POLICY UPDATES!

The following LSH policies **were updated in April** (All Staff are to read all changed Policies):

- **LSH Policy A-7 Flag Raising/Lowering** – *Title changed to include “Lowering”. SEB Representative changed to the Assistant Superintendent.*
- **LSH Policy A-51 Reporting and Review of Contact Intentional Between Patients and Patient Incidents of Significant Injury** – *No Changes*
- **LSH Policy A-53 Forensic Review Board** – *The voting members were updated to include A designee for the Superintendent. Responsibility updated to read “Initial Step Down requests for forensic-involved, DMHA-gatekept patients. Other minor language changes.*
- **LSH Policy C-37 Psychiatric Residents** - *Psychologists is now included with the psychiatrists for providing supervision of resident students on the units. The list of assessment and reports residents may complete was updated.*
- **LSH Policy F-04 Acceptance of Money and Valuables** – *No changes.*

**LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:**

- Go to LSH intranet home page
- Click on “Hospital Policies (PolicyStat)” button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word  
To find FSSA, DMHA, and other SPH policies, click on “change location” in the blue bar at the top of the page

**Policies available on PolicyStat are the current and official policies.**



## **SPECTRUM**

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

*The Spectrum* is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe .....	Editor & Photographer ..	ext. 3803
Chris Taylor .....	Comm. Services .....	ext. 3709
Brian Newell .....	Librarian .....	ext. 3712
Gregory Grostefon .....	Interim Superintendent .	ext. 3631

## National Nurses Week

National Nurses Week is celebrated annually from May 6<sup>th</sup> (National Nurses Day) through May 12<sup>th</sup>, the birthday of Florence Nightingale, the founder of modern nursing. I would like to acknowledge the level of expertise and the depth of empathy that each nurse at LSH brings to his or her job, and to recognize the vast contributions and positive impact that nurses make to the care of our patients each and every day. I encourage all staff members to take a moment to show your appreciation by offering your sincere thanks to our nurses for their commitment, dedication, compassion, and consummate professionalism.

Sincerely,



Greg Grostefon, Interim Superintendent

---

## Wishing Sean Moore A Safe Deployment and A Speedy Return!



Photos by Mike Busch

Pictured L-R: Laura Knutson; Chelsea Norem; Terry Schrock; Sean Moore; and Anne Rebeck.

Congratulations to all of you who completed your American Heart Association (AHA) Basic Life Support (BLS) Cardiopulmonary Resuscitation (CPR) renewal status; every two years Logansport State Hospital trained professional staff of AHA BLS CPR Instructors has the task to recertify, basically, half of the employees at Logansport State Hospital, along with all the regular amount of new hires during orientation.

This year, just for renewals alone, the Logansport State Hospital, AHA BLS CPR Instructors recertified 199 out of the 204 employees that needed recertification; and the reason those five individuals did not receive their recertification was due to the employees being off on leave. A huge thank you and dedication goes towards the AHA BLS CPR Instructor team for doing such a great job and a special thank you to Jani Foreman for scheduling the classes and putting the paperwork together.

The current Logansport State Hospital AHA Certified Instructors are:

**PAIGE JOHANSEN-SCHRUM**  
**JENNIFER SMITH**  
**BETH ODOM**  
**SHEILA POWELL**  
**PATRICK (TODD) PHILLIPS**  
**MARIA ARELLANO**  
**SONJA STOUT**  
**DENA PACKARD**  
**SANDRA DELP**  
**DANA THOMPSON**  
**DARRIN MONROE**  
**ANGIE BINGAMAN**  
**MARISOL ALBA**  
**JAIME BLANTON**  
**ROBERT EHASE**  
**LING, JESSICA LING**  
**MASON MILLS** - Instructor in  
Training.



Instructors, thank you for your dedication,  
And determination every day and every year,  
Darrin

*Darrin Monroe*  
*CPR Instructor Trainer and*  
*Training Center Faculty*

## The Helping Hands Committee



Indiana FSSA  
@FSSAIndiana



Kudos to our team at Logansport State Hospital, who presented a check for \$320 to Logansport Community Schools Superintendent Michele Starkey (far right, back) to help students pay for school lunches. The money was raised by voluntary donations from LSH staff. Well done!



Photo provided

# Longcliff Museum - What's New?

## \*Recipes\*

Thank you to Candy Roberts of A'viands Food Service, who saved the old recipe boxes from the Dietary Department, making a treasured addition to our Longcliff Museum!

Delicious, nutritious food has been a tradition in the kitchen at our hospital. Here are a few classic recipes that you may want to try at home the next time you cook for 300 or 900...

RECIPE: PEPPER STEAK YIELD/SERVING SIZE

PT. W/EMP SERVICE	PT. ONLY SERVICE	
1½ gal	1 gal	<u>INGREDIENTS</u> Vegetable Oil Braising Steak Tomatoes, diced, drained, save juice. (Cut by hand.) Beef broth Garlic Oil Onions, Chopped by hand Salt Cornstarch Cold Water Soy Sauce Green Pepper, <i>Hand cut</i> widely julienned (if fresh not available, used canned green peppers) ½" wide x 2" long.) Green Pepper.
600 S	450S	
19-#10 cans	14-#10 Cans	
12 gal	9 gal	
1 cup	½ cup <i>20 cloves minced</i>	
9 lbs	7 lbs.	
¾ cup	½ cup	
1½ gal	1 gal	
3 qts.	2½ qts.	
1½ qts.	1 qt ½C	
25 lbs	19 lbs	
OR		
(4-#10 cans	3-#10 Cans	

1) Collect and premeasure all ingredients: Preheat oven to 250°F.  
 2) heat oil in fry pan set at 325°F. Brown beef in oil: turn once. Remove and place in steam table pans.  
 3) Combine drained tomato juice and beef broth.  
 4) Make sauce. Heat tomato juice/beef broth, garlic oil, onions & salt.

continued on back

5) in a small container place the cornstarch on top of the cold water, add the soy sauce and stir into a smooth paste.  
 6) Stir in paste, continue cooking and stir carefully until thickened and bubbly.  
 7) Add the drained tomatoes and green pepper. Cook about 5 minutes.  
 8) Add sauce over the meat. Cover. Bake 325°F for 1 hour.



## Hoosier S.T.A.R.T.

Matthew Bates, Hoosier S.T.A.R.T. representative, will be onsite Tuesday, June 11th. If you want to schedule a 30 minute appointment to meet with him and discuss your retirement, please contact HR. Meetings will be held on Dodds – first floor. The room is near the elevator.

Available appointment times on Thursday: 7:00am, 7:30am, 8:00am, 8:30am, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 1:00pm, 1:30pm, 2:00pm, 2:30pm, 3:00pm.

Please bring a recent pay stub to your meeting with Matthew, along with any questions you have.

The Hoosier S.T.A.R.T. website: <http://www.in.gov/auditor/hoosierstart/>

If you have met with Matthew in the past, you can be placed on a waiting list, to allow first-timers a chance to schedule a meeting with Matthew. When we are within a week of his visit, we can open up any remaining appointment times to those who have previously met with him. Thanks for your understanding.

HeRe for YOU!

### Becky Dowden

HR Director, Logansport State Hospital

Indiana State Personnel Dept.

Office: 574-737-3622

Fax: 574-737-3924

---

## Wellness Wisdom from the Wellness Committee



**American  
Red Cross**

### Introducing the Blood Drive Partner Journey!

Thank you, Logansport State Hospital, for partnering with the American Red Cross! We are very excited to introduce to you **Blood Journey, a new communication that will showcase your organization's lifesaving impact.** The blood collected from your most recent blood drive is now on its way to the below hospitals.

Every day, hospitals provide lifesaving blood to patients in need. Your willingness to open your doors and recruit blood donors remains vital to the lives of the patients that we serve, not only locally, but across the country.



**#RedCrossOnTheWay**

**ST RITA'S MEDICAL CENTER-LIMA  
GOSHEN HOSPITAL  
LUTHERAN HOSPITAL OF INDIANA  
IU HEALTH METHODIST HOSPITAL  
PARKVIEW HOSPITAL**

While there may have been other hospitals that benefited from your efforts, the following hospitals received the majority of blood products collected from your drive.

We are truly thankful for your support. If you have not done so already, please [schedule your next blood drive](#) to help the Red Cross fulfill its ongoing mission of helping save lives.

Sincerely,

*Your American Red Cross*



**American Red Cross**

*Thank you!*



Logansport State Hospital

Sponsor Group

**April 10, 2019**

Date of Drive

<b>22</b> Total Number of Donors	<b>1</b> First Time Donors
<b>21</b> Units Collected	<b>63</b> Potential Number of Lives Saved

**When you made the decision to host a blood drive, you helped change lives.**

© 2019 The American Red Cross | 191520

## Are you interested in a \$100 gift card? What about an extra \$50 gift card on top of that? Have you checked out [ActiveHealth](#) yet?

Just a friendly reminder from the Human Resources Department that it's still not too late to complete your health risk assessment through [ActiveHealth](#), and you will earn a \$50 electronic gift card!

[Get a biometric screening](#), and you will receive an additional \$100 electronic gift card.

Our report shows that:

- 56% of FSSA employees have not done their health assessment
- 75% have not completed their biometric screening
- 79% of FSSA employees have not started activities to qualify for the premium discount for 2020

**Don't leave this money on the table! There is still time so start TODAY!**

Here is how:

To qualify for a healthcare premium discount in 2019, Adult health plan members and covered spouses can earn a healthcare premium discount in 2020 by each doing ONE of the following through ActiveHealth by Sept. 30, 2019:

- Complete four coaching sessions (face-to-face or over the phone). Each session lasts around 30 minutes. For more information, log on to [ActiveHealth](#), then select "Program Info" from the "welcome to MyActiveHealth!" menu box at the top of the page. Health Coaching is available 9 a.m. to 9 p.m. Monday through Friday and Saturdays 9 a.m. to 2 p.m. by appointment only. Call 1-855-202-4219 to get started with a coach today!
- Reach Level 5 (which is 9,000 hearts) by participating in digital coaching, health education and health goals on the ActiveHealth Platform.
- Record at least 45 minutes of physical activity three days per week by using a synced device. You'll need to do this for 11 weeks each quarter, for two out of three quarters this year. Qualifying quarters are Jan. – March, April – June, and July – Sept.
- Record 10,000 steps per day for 75 days of a quarter, for two out of three quarters this year. Qualifying quarters are Jan. – March, April – June, and July – Sept.

Remember: In order for ActiveHealth to recognize your physical activity, you must first sync a fitness device with your ActiveHealth account. **Only activity that occurs after you have synced your fitness device will tracked and credited.**

*Note: spouses covered by a state health plan must also complete one of the above in order for the employee to earn the premium discount.*  
More details about the premium discount level will be shared as plan options for 2020 are developed.

#### Questions?

[ActiveHealth FAQs](#)  
[ActiveHealth User Guide](#)  
[Wellness Programs Comparison Chart](#)  
[Biometric Screening Guide](#)  
[Guide to Earning 2020 Premium Discount](#)  
[Guide to Redeeming Egift cards](#)  
Becky Dowden

For questions, you can also

[Visit the SPD Benefits Home](#)

(877) 248-0007

[spdbenefits@spd.in.gov](mailto:spdbenefits@spd.in.gov)

[@SOIEmployees](#)

HR Director, Logansport State Hospital  
Indiana State Personnel Department  
Phone: (574) 737-3622  
Fax: (574) 737-3924  
Email: [rdowden@spd.in.gov](mailto:rdowden@spd.in.gov)

---

## Summer Weight Loss Challenge Winners

CONGRATULATIONS TO THE BIGGEST LOSERS IN THE 2019 SUMMER WEIGHT LOSS CHALLENGE!!

The biggest losers are:

1<sup>st</sup> place -- Mark Miller lost 12% of his weight!  
2<sup>nd</sup> place-- Loretta Henry lost 6% of her weight!  
3<sup>rd</sup> place—Darrin Monroe lost 3% of his weight!

Also wanted to mention that Loretta Henry was our New Year's weight loss winner in February, she lost 13% of her weight!

Good job to you all!! Let's Stay Healthy J

ONSITE WELLNESS

## Health Coaching



Learn more about your new health partner,  
ActiveHealth Management and how to earn your 2019 Healthy  
Rewards!

**TUESDAY JUNE 25<sup>TH</sup>**



### Face to Face Health Coaching • 7am-12pm

Dodds 1<sup>st</sup> Floor (Schedule appointment with Human Resources)

Ready for a lifestyle change? Learn quick, easy and useful tips to improve your overall health. Talk to your coach about managing stress, healthy eating, improving physical activity, managing your weight and more! Coaching sessions are 15-20 minutes long and are private and confidential.

We have a VERY limited number of 15-minute appointments available for you to meet 1 to 1 with Health Coach Kevin Harness on **Tuesday, June 25th**. Available times are:

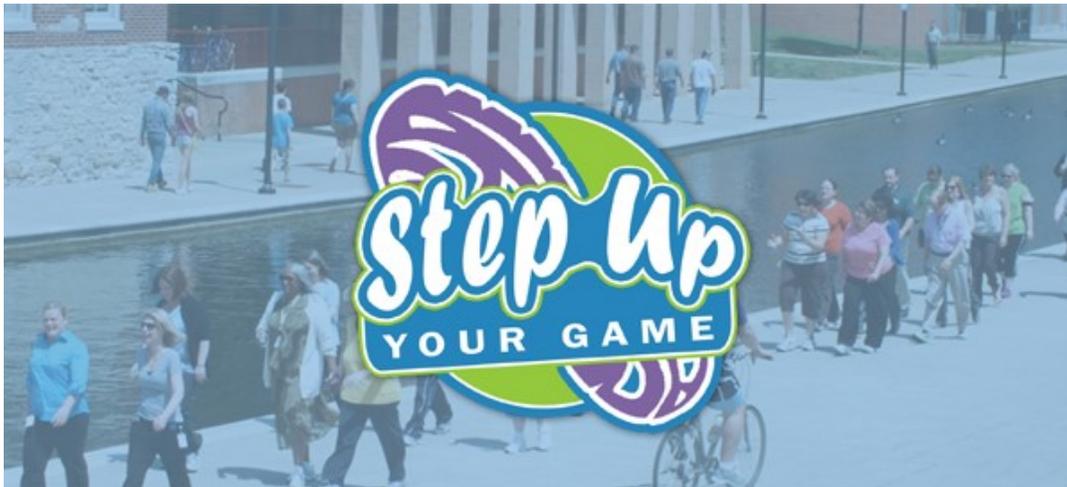
7:00am  
7:30am  
8:00am  
8:30am  
9:30am  
10:00am  
10:30am  
11:00am  
11:30am

**Please note that these sessions are only 15-20 minutes long, and should be in conjunction with your work break. They are NOT to last 30 minutes.**

If interested in a 1 to 1 coaching session, please check with you Supervisor first, then call for an appointment.

### Becky Dowden

HR Director, Logansport State Hospital  
Indiana State Personnel Department  
Phone: (574) 737-3622



## The bracket is set! The teams are ready! Which state of Indiana agency will step up its game?

### What is the state of Indiana's "Step Up Your Game" All-Agency Steps Challenge and how does it work?

For the first round, each agency\* goes head-to-head against another in a two-week steps challenge. The team with the highest average steps per person will be declared the winner and advance to the next round. The other agency will move into the Second Chance Bracket for an opportunity to walk their way back into the action. There are four rounds in all.

### Step Up Your Game Steps Challenge

Click the link below to find out which agency you will face in round one! Details about the Second Chance bracket will be provided after round one.

[Step Up Your Game Bracket](#)

### Schedule

Round 1: May 15 to May 28

Round 2: June 15 to June 28

Round 3: July 15 to July 28

Round 4: August 15 to August 28

## Rules

1. The steps challenge is open to state of Indiana employees only.
2. Participants MUST use a fitness tracker or step-tracking app. No self-reported steps will count.

## How to Participate

1. Log in to the [OurHealth and Limeade Corporate Wellness App](#) (code – stateofin).
2. Find the Step Up Your Game challenge tile and click “Get Started.”
3. Make sure to connect a fitness device or app to your account!
4. You will have to repeat steps one and two for each round in which you wish to participate.

## Other Information

Download the [Step Up Your Game flyer](#)

All updates will be posted on the [Invest In Your Health website](#).

*\* DOC, FSSA and BMV will be competing by business unit*

This information applies to all full and part-time State of Indiana employees and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.

---

## Camping Health and Safety Tips



Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure your camping trip is safe and healthy.

Get vaccinated.

Vaccinations can help protect against certain diseases and conditions while camping. Check with your doctor or nurse to see if you've had all of the recommended vaccines. He or she may recommend tetanus, pertussis (whooping cough), meningitis, and/or hepatitis A, depending on your medical history, destination, and other factors.

- [Vaccines Help Protect Travelers of All Ages](#)

Prepare safe food and water.

Bring safe and healthy foods along on your camping trip. Eating contaminated food and drinking contaminated water can increase the risk of developing certain infectious diseases caused by germs.

Follow these steps to keep your food and water safe:

- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Wash hands and surfaces often. Use hand sanitizer if water is not available.
- Separate raw foods from cooked foods.
- Cook foods to proper temperatures (for instance, ground beef should be cooked to an internal temperature of at least 160 degrees).
- Chill foods promptly.
- [Food Safety – Prevention and Education](#)
- [A Guide to Drinking Water Treatment and Sanitation for Backcountry & Travel Use](#)

Include safe physical activities.

Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to stay active during your camping trip. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak, and poison sumac. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone. Watch kids closely. Adults should get at least 2½ hours a week and kids should get at least 1 hour a day of physical activity.

- [Physical Activity for Everyone](#)

Protect against carbon monoxide poisoning.

Carbon monoxide is odorless and colorless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.

As alternative heat sources to fuel-burning appliances inside an enclosed shelter, campers should bring adequate bedding and clothing and should consume extra calories and fluids during the outing to prevent hypothermia (a dangerous loss of body warmth that can cause death).

- [Carbon Monoxide Poisoning: Prevention Guidelines](#)

Avoid wild animals, and protect family pets.

Some wild animals carry diseases that are dangerous to people. Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings. Keep foods stored in sealed containers and out of the reach of animals. Make sure your family pets are vaccinated and always keep a close eye on them. Check for ticks, and remove them promptly. Make sure pets have plenty of water, food, and shelter.

- [Diseases from Wildlife](#)
- [Healthy Pets, Healthy People](#)
- [Questions and Answers about Rabies, Bats, and Summer Camps](#)

Fight the bug bite.

Mosquitoes, ticks, and other insects can cause certain diseases. To help fight the bite, apply [insect repellent](#) containing DEET to exposed skin. Be sure to follow directions on the package. Check for ticks daily, and remove them promptly. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.

- [Prevent Mosquito Bites](#)
- [West Nile Virus](#)
- [Stop Ticks](#)

Prevent temperature-related illness.

To help [prevent hypothermia](#) during cool nights, bring adequate bedding and clothing to stay warm. Use a plastic ground cloth under your tent to help keep you dry. To help prevent heat-related illness during hot days, drink plenty of alcohol-free and sugar-free fluids. Don't wait until you're thirsty to drink. Wear layers of light-weight, light-colored, and loose-fitting clothing. Rest often in shady areas. Protect yourself from too much sun.

- [Water and Nutrition](#)
- [Keep Your Cool in Hot Weather](#)
- [Extreme Cold Guide](#)

Protect yourself from the sun.

Protection from ultraviolet (UV) radiation is important all year. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. Use a broad-spectrum (against UVA and UVB rays) sunscreen and lipscreen with at least SPF 15. Seek shade, especially during midday hours, when the sun's rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.

- [Reduce Your Risk for Skin Cancer](#)
- [Protecting Children from the Sun](#)

Avoid water-related illness and injury.

Camping often includes playing in and around the water. To help protect yourself and your fellow campers from illness, don't swim if you have diarrhea, and don't swallow the water you swim in. Take a shower before and after swimming. Never swim alone. If you plan to ride in a boat, canoe, or other water vehicle, be sure to wear a life jacket.

- [Steps of Healthy Swimming](#)
- [Unintentional Drowning](#)
- [Stay Safe While Boating](#)
- [Oceans, Lakes & Rivers](#)

Be prepared.

Always prepare for the unexpected. Before you leave, check the weather report, learn about security at your camp location, and tell family and friends your plans. Know what to do when toilets are not available. Be sure to bring along a supply kit that includes a first-aid kit, compass or GPS, map, flashlight, blankets, batteries, food, water, clothes, and medications. Know who to contact at the camp to report issues that may come up. When you return home, check for ticks, skin rashes or sunburn, dehydration, and other problems.

- [Gather Emergency Supplies](#)
- [Prepare for Unpredictable Spring Weather](#)
- [Your Survival Guide to Safe and Healthy Travel](#)
- [Travel Advisories: Outdoor Safety](#)[External](#)

<https://www.cdc.gov/family/camping/index.htm>

---

Look for more Yum on our  
“Special Ingredients” section  
during our Monthly Salads!

Let us know your suggestions!



*The Wellness Committee consists of:*

*Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Kathy Pattee, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerik.*

# Holiday Schedule



STATE OF INDIANA  
OFFICE OF THE GOVERNOR  
State House, Second Floor  
Indianapolis, Indiana 46204

Eric J. Holcomb  
*Governor*

---

**TO: ALL APPOINTING AUTHORITIES**

The following is a list of the 2020 state holidays and the dates on which they will be observed:

New Year's Day	Wednesday	January 1, 2020
Martin Luther King, Jr. Day	Monday	January 20, 2020
Good Friday	Friday	April 10, 2020
Primary Election Day	Tuesday	May 5, 2020
Memorial Day	Monday	May 25, 2020
Independence Day	Friday	July 3, 2020*
Independence Day	Saturday	July 4, 2020**
Labor Day	Monday	September 7, 2020
Columbus Day	Monday	October 12, 2020
General Election Day	Tuesday	November 3, 2020
Veterans Day	Wednesday	November 11, 2020
Thanksgiving Day	Thursday	November 26, 2020
Lincoln's Birthday	Friday	November 27, 2020
Washington's Birthday	Thursday	December 24, 2020
Christmas Day	Friday	December 25, 2020

\*For operations regularly scheduled Monday – Friday.

\*\*For operations regularly scheduled on Saturday/Sunday.

All full-time, part-time and hourly employees occupying permanent positions must be compensated for all holidays listed above, in the following circumstances. To be eligible for compensation, the employee must be in pay status during the week in which the holiday is observed; however, employees are not compensated for holidays which are observed prior to the first workday of employment or for holidays which are observed after their last workday of employment. Compensation for holidays for eligible active full-time employees is 7.5 hours of compensatory time off or 7.5 multiplied by the employee's base hourly rate. Eligible part-time or hourly employees on permanent appointment will receive holiday pay or compensatory time off calculated as one-tenth of the regular biweekly hours assigned, rounded to the nearest quarter-hour. Eligible employees who are required to work on a holiday will be compensated for the hours worked and may opt to receive holiday pay or compensatory time off. Eligible employees not required to work will receive holiday pay. For this purpose, the term "eligible employees" applies to employees in state civil service except Institutional Teachers at the Indiana School for the Deaf and the Indiana School for the Blind/Visually Impaired, and police officers who have elected a 28-day work period in accordance with 31 IAC 5-7-8(b). Intermittent and temporary employees shall not receive holiday pay. Intermittent and temporary employees who work on a date indicated above will be paid for the hours worked.

**PLEASE DISTRIBUTE A COPY OF THIS MEMORANDUM TO ALL YOUR EMPLOYEES.**

*Eric Holcomb*

# Culinary Corner

## Cole Slaw

*Recipe By:* Aunt Mamie

"This is our favorite Cole slaw recipe, a yummy combo of fruit and veggies in a sweet dressing."

### Ingredients

- 📍 3 cups chopped cabbage
- 📍 1 unpeeled red apple, cored and chopped
- 📍 1 unpeeled Granny Smith apple, cored and chopped
- 📍 1 carrot, grated
- 📍 1/2 cup finely chopped red bell pepper
- 📍 2 green onions, finely chopped
- 📍 1/3 cup mayonnaise
- 📍 1/3 cup brown sugar
- 📍 1 tablespoon lemon juice, or to taste



### Directions

In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice. Pour dressing



**Sneaky**



**Snaps!**



**G  
O  
T  
C  
H  
A**



**G  
O  
T  
C  
H  
A**

Chris Wheetley (C) gets taken to the wall during Hospital Wide Bridge Building Training.

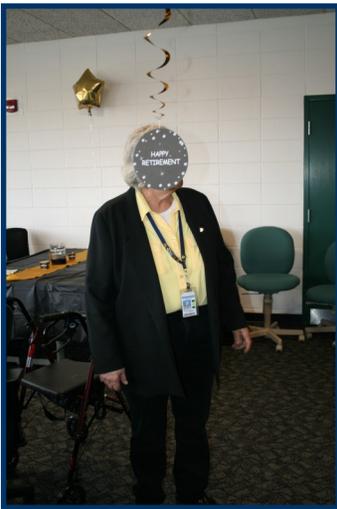
Lookout for Darrin and his camera,  
you could be next!

## Who Am I?

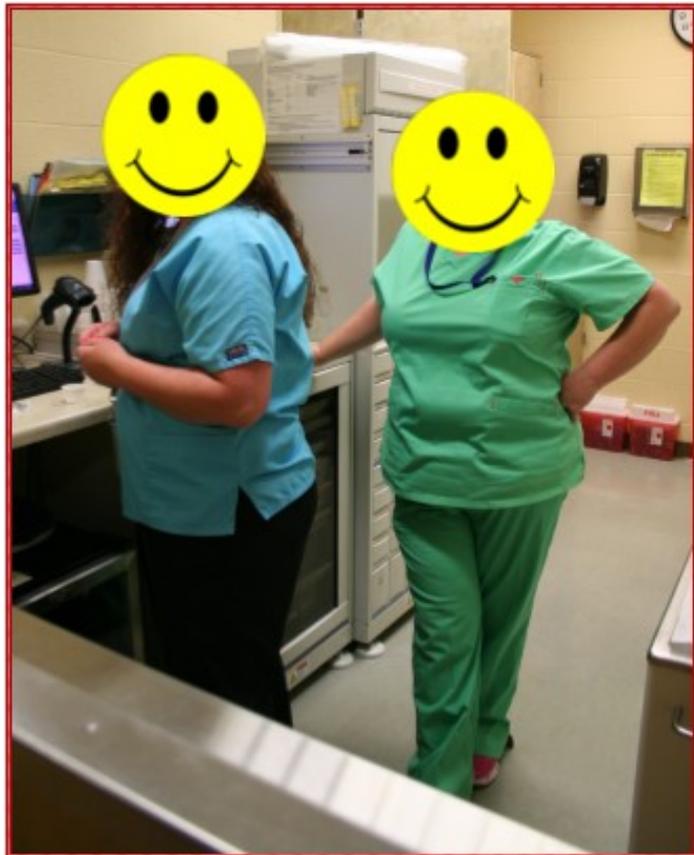
Can you guess who the two behind the smiley faces in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by June 21, 2019.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Booster Committee, for a chance to win a free, five dollar Mr. Happy Burger gift certificate.

*Winner Will Be Announced In  
The Next Spectrum.*



Carol Pasquale standing behind her Happy Retirement decoration.



Congratulations to Janet Kite for guessing Carol Pasquale pictured in the last Who Am I.

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.